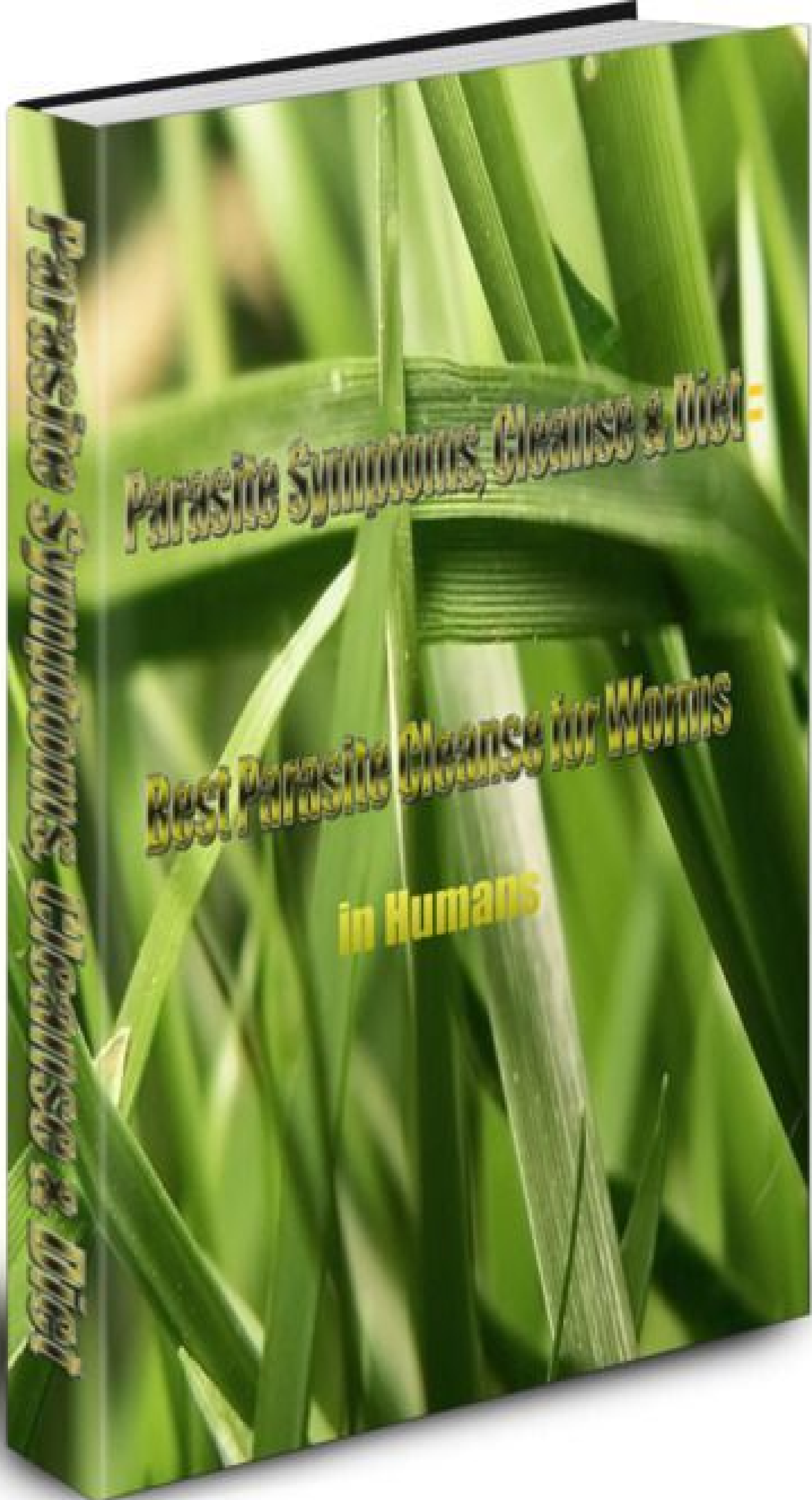

Parasite Symptoms, Cleanse & Diet
Parasite Symptoms, Cleanse & Diet =
Best Parasite Cleanse for Worms
in Humans

Parasite Symptoms, Cleanse & Diet

by Christine Gerbehy Brought to you by
Diesel On Life

Copyright

respective owners, and are used only for reference. There is no implied endorsement if we use one of these terms.

Finally, use your head. Nothing in this Guide is intended to replace common sense, legal, medical or other professional advice, and is meant to inform and entertain the reader.

Introduction

Introduction
Hi everyone! I obviously wish that we could meet under better circumstances, because battling parasites ain't no party, lol! But, I'm obviously still alive and kicking...

I was starting to feel so sick, all the time, that my husband was genuinely concerned. I've been plagued with problems with my stomach for years, gastritis, ulcers, nausea, you name it. Let's not forget the headaches. But I've always had high stress jobs, so I would just attribute any health problems that I had to that. But for the last few months, I started stealing so awful all the time, that even I was getting sick and tired of being sick and tired. Now, like most people, I have a natural fear of doctors, tests, needles, probing, you get the idea. So, I decided to go see man's new best friend, Google.



Wow. That's all I could say. Page after page after website after blog, it's just ridiculous. Now, I've been doing body detoxes for years, and always felt better afterward. But here I was doing another one, and after seven days, I felt just as bad as when I started. I knew something was wrong. So, I started going to natural herbal websites. As I try to remember what all of my symptoms started, I realized that each time I started to feel really awful, I had just come off a round of antibiotics. And then it hits me, maybe it's yeast. So, I start to research that, and I probably had 18/22 symptoms. Yup, I figured that was pretty much it.

But, (and you know there had to be a but) the more I read, I realized that I felt even more crappy then they suggested I would feel. And it was then that I read the fateful sentence. And that sentence explained that if you have yeast, then more than likely you have parasites, too. At that point, I start kicking myself for all of that sushi I had been eating last few years... So now, I go to research parasite problems, and sure enough, I had 12 out of the 15 symptoms on that page. Great. Just great. What the heck do I do now?

Well, I tried to keep my lunch down as I looked at more pictures of what could be crawling around in my intestines. And I won't even tell you how hard that was to do after seeing the first one visible in the toilet. But, I am one determined human being, and there ain't nothing that's going to take a free ride in MY system. Anyway, I started the parasite detox, adjusted my diet to speed up the process, and here I am 60 days later; I'm happy to say that the scoreboard reads:
Chris:1 Parasites 0

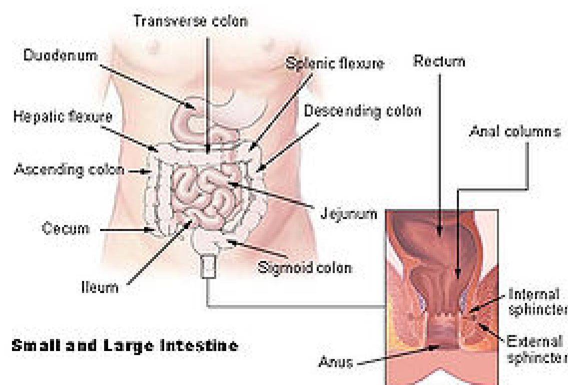
So, come on! I'll show you how to wipe out these buggers the quickest way possible. Heck, it might even put a little hair on your chest. Don't worry ladies, it's only one or two...
Christine

"Death Begins in the Colon"

"DEATH Begins in the Colon"

There's an old saying eons old, you may have heard it before. That saying is "death begins in the colon." Sounds silly to you? Well, believe it or not there's been no saying more true. The root cause of most terminal diseases, or at least many many of them, starts in the intestines.

If you think about it, the intestines are the body's "sewer." When we're in good health, we eat, our system digests our food, and it is eliminated through the intestines and colon. When our system is a bit off, and our digestion is also, some of the food that we eat gets backed up in our intestines. That leads to food literally putrefying in our system. You have really bad, smelly gas? Well, chances are pretty good but that's the problem. You say okay, so what's the big deal? Well, the problem is that letting that food stagnate in your system, more or less rotting in there, sends impurities into the blood, and circulating through the nervous system. This is when we become cranky, depressed, listless, and we start to feel general malaise and weakness. Do you have bad breath also? Yep, it causes that too. Then, your food gets backed up, and now you're bloated and feeling abdominal/intestinal distress. And then, let's not forget, you can get all of those lovely breakouts and rashes on your skin, not to mention looking either pale or yellow. When you system goes haywire in the digestion department, every organ in your body is pretty much poisoned. The skin looks sallow, you can begin to age prematurely, and then the pains in the joints start to kick in. You feel like your get up and go got up and went.



One of the biggest causes of having parasites or yeast overgrowth is giving them a place to thrive. If you're a person that deals with chronic constipation, or has never done a colon cleanse, an enema, or any type of bowel cleanse, you've got pretty good chances that you're harboring parasites somewhere. Here's why...

If you have a really crappy diet, as in, you eat lots of junk food, processed foods, fatty foods, a lot of that food gets left behind in your intestines. Processed foods and white breads tend to be sticky, and don't always like to leave the colon. After years of eating a diet like this, all of this putrefying food coats the intestines, sometimes up to an inch thick, ending some cases even thicker. Some parasites are perfectly content to live on the surface of all that gunk, but some like to hide. They will dig in, and lay their eggs in the under layers of that buildup. The name of that buildup is mucoid plaque. If you've never seen it before, it's quite a sight. When you do any kind of a colon cleanse, it has the consistency of rubber. You literally, sometimes would have to cut it with a knife. It's years and years of buildup of food left behind in your system to rot. Many people will go their entire lives with it, never giving it a second thought, but trust me, it will take years off your life.

Why you ask? Well, if for no other reason, your body cannot process vitamins, minerals, any of the healthy foods you are eating. All of the nutrients from your food are taken in through the intestines. Well, if you have half an inch of built up stuff that is thick as rubber stuck to the surface, how the heck is your body supposed to absorb anything? You need to get that garbage out of your system, clean

yourself out, and keep it out. This can take weeks, it may even take months, but the effects are immediate, even from the start. Within the first few days, if you do it right, you can go from sleeping 12 hours a day and feeling like you never went to sleep sleeping five hours and feeling like you slept for 12. You'll be amazed when you see how quickly your energy bounces back, and how much better you feel. It's really not that hard to do, so don't go in thinking that it is. Having that negativity, then looking at the diet that should follow with the plan, you'll just look at it thinking there's no way in hell you can do it. The fact of the matter is, I am a major foodie, and as I saw how quickly I started to feel better, I was happy to eat the foods on the list. I actually started to bypass the butter on my vegetables, and I'm starting to appreciate the flavors that I haven't tasted in a long time. I am the queen of extra gravy on everything, but I'm loving tasting everything for what it is. You'll be amazed to see how good a green salad is with just olive oil and fresh lemon, because I thought it sounded disgusting, but it's actually awesome. Just try it, you'll see!

The Candida/Parasite Connection

The Candida/Parasite Connection

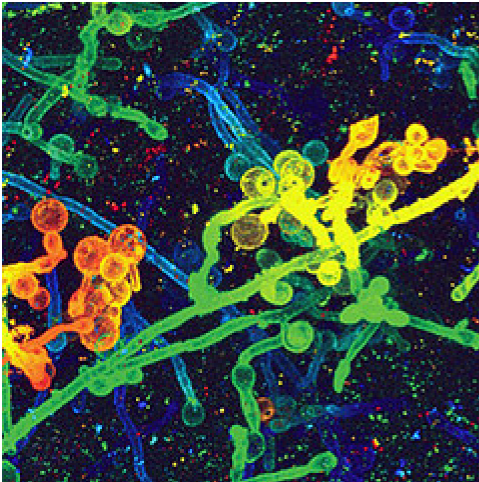
So, as I did my research, I found that it is believed that if you have candida, also known as yeast overgrowth, you probably have parasites, too, and vice versa. Why? Well, they tend to thrive under the same conditions. Maybe it's easier for me to explain if I tell you first what they are..

What is Candida?

Just what is candida albicans exactly? It is an asexual plant like fungus. Candida starts out as yeast, which everyone has in their digestive system and other mucous membranes. We also have it on our skin. Its presence in our intestines is controlled by the good bacteria that we got from breast milk, if we were breast fed, and whatever we got in our system as we were passed through the birth canal when we were born. All of this good bacteria then rapidly sets up colonies and becomes a good 75% chunk of our immune system. It then keeps all bad bacteria, nasty viruses, and other yeasts and fungi at bay so that we stay healthy and happy. These good guys make up about 85% of our bacterial colony and all the rest is the bad bacteria and yeasts.

Now TECHNICALLY, it can be fairly easy to wipe out. Alot of the time. BUT, they can bounce back pretty fast, and under the right conditions, one strain of bacteria can become billions pretty quick. But our diet today can make our system, or break it. Our diets are awful, junk food and sugar abound, and we all know about our "genetically modified foods..." Our water is, well, easily contaminated, and breathing in some areas is no party (have you been to Newark lately?) Our produce is LOADED with pesticides,

unless you don't mind paying for organic. Meat? Chicken? Steroids, antibiotics, you name it. Then, let me ask you, are you on any prescription meds? ESPECIALLY antibiotics? That's pretty much the nail in the coffin to have yeast overgrowth in your system. This is where the good bacteria ratio in our system goes haywire.



If our diet is good, candida albicans exists as a yeast that multiplies by budding. Now, if we don't feast on a high carb diet (read: LOTS OF SUGAR/STARCH) it sends out root like hyphea to look for food. This is when candida first becomes out of control and poisons our system.

Studies have shown that even though the 200 different types of candida are very similiar, they have different dna structures. But, it was discovered that when mice were injected with candida tropicalis,they were tested later on to see what type of candida turned up in their systems, doctors would find only candida albicans.

The bigger problem is that studies have shown that candida is not only stubborn, it adapts and mutates to avoid being killed off. In tests where candida was exposed to low dose ultraviolet light, the candida adapted and shifted forms or changed species. If conditions are right, they can do this at rates as high as 10 to the 10th power. This is probably how candida can infect different sites in our bodies.

Many believe that keeping the body alkaline is the cure, hence my belief in diatomaceous earth, or DE, but more on that later. Our diets today are pretty acidic, andwhen that food is parked in our intestines, not moving, it will ferment, creating alcohols and toxins that will destroy good bacteria. When the 85%-15% good to bad ratio goes off, that's when the trouble begins. The more bad bacteria, the more depressed our immune system becomes. Candida does die off at a ph of 8.2 or higher, just like cancer does, but it is difficult to get the ph of the body that high, as the body tries to regulate itself. Dr Hulda Regehr Clark had HUGE belief in the candida/parasite/cancer connection. I'll refer you to 2 of her books at the end of this one, interesting reading...

The candida with the injection of exo-enzymes as it tries to eat you, releases mycotoxins or poisons. These poisons can affect many areas of the body and cause the symptoms as described on the symptoms page. It also has the ability to become resistant to the drugs that kill it and eventually the drugs will not have any affect what so ever.

Candida thrives in the toxic environment of the intestines when the good bacteria population drops too low and can't keep you cleaned out. High levels of mercury (got fillings?), lead (old pipes?), aluminum, and iron help it to survive as it attaches to these molecules traveling throughout your system. Alot of chronic candida sufferers go wrong when trying to beat candida overgrowth, as they don't consider possible heavy metal issues (tests are available). Sad as it is to say, they will fight this beast for years and never beat it.

What are Intestinal Parasites, or Parasitic Worms?
In a nutshell, as there are so many different types and descriptions, I will keep it short here. I will explain the most common ones shortly. The simplest explanation is this, taken from the University of Maryland's website:

"The two main types of intestinal parasites are helminths and protozoa. Helminths are worms with many cells. Tapeworms, pinworms, and roundworms are among the most common helminths

in the United States. In their adult form, helminths cannot multiply in the human body. Protozoa have only one cell, and can multiply inside the human body, which can allow serious infections to develop. Intestinal parasites are usually transmitted when someone comes in contact with infected feces (for example, through contaminated soil, food, or water). In the U.S., the most common protozoa are giardia and cryptosporidium." (Read more: http://www.umm.edu/altmed/articles/intestinal-parasites-000097.htm#ixzz1nSmCPMcf)

So, in a nutshell, you can get intestinal parasites from eating undercooked beef, undercooked pork, undercooked fish, contaminated water, eating sushi, walking barefoot, not washing your hands after handling food, not washing your hands after handling a diaper, not washing your hands after going to the bathroom, and so on. You can even get them from walking on the beach, going in the salt water, and even going in freshwater, like a lake. So now you see, it's pretty darn easy to get parasites. 90% of humans will have problems with parasites at some point in their lifetime, and that number is for the US! Parasites are not just for Third World countries anymore. Parasites as among the six most dangerous diseases that infect humans. They outrank cancer as the number one global killer, and account for many of the digestive woes from which people suffer.

So, What's the Connection???

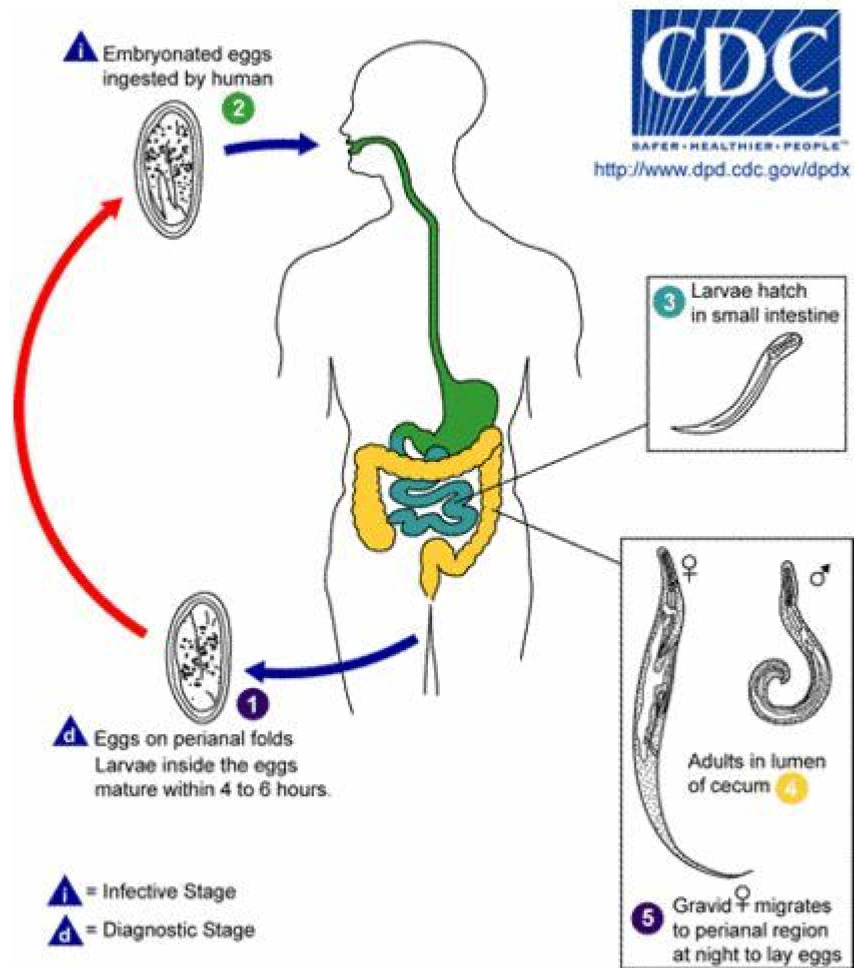
It's quite simple, really. Both candida and parasites thrive on sugars and starches, aka high carb diets. They both thrive when your good bacteria numbers are low. The good bacteria fight off the bad bacteria in numbers. Once the numbers aren't there, the candida and parasites take over, and multiply at an ALARMING rate. The candida will begin to overgrow and buildup on the lining of the intestines. As this continues, any existing parasites will not only feed off the surface of the intestines, they will bury themselves in the yeast overgrowth, and lay eggs there, which can lie dormant for years without your knowing they're there. So, just when you think

you've wiped out you parasite problem, you begin working on your yeast problem. As you begin to wipe out yeast, the eggs that have been lying dormant in their can begin to hatch, and start the process all over again. This is why attacking all ends at once, and controlling your diet are of the utmost importance. It really is the only way to successfully wipe everything out, and begin to rebuild your system. Next, let's look at the most commonly occurring parasites in humans....

Pinworms

Pinworms

One of the most common parasites, especially families with young children are pinworms. Pinworms (also known as threadworms) live in human intestines. A small, white, and round worm, it is a parasite that lives in the colon of infected people (known as the host) and they look like short pieces of white cotton thread when seen. Found worldwide, the pinworm tends to infect mainly children, although anyone can be infected at any age. Most people that work in childcare will come in contact with pinworms, as they are commonly contracted by not washing hands well after diaper changes. These can also be hard to beat, as they can go undetected for so long that they are passed through contact with bedclothes and pajamas of family members. To effectively treat them, the whole family should be treated.



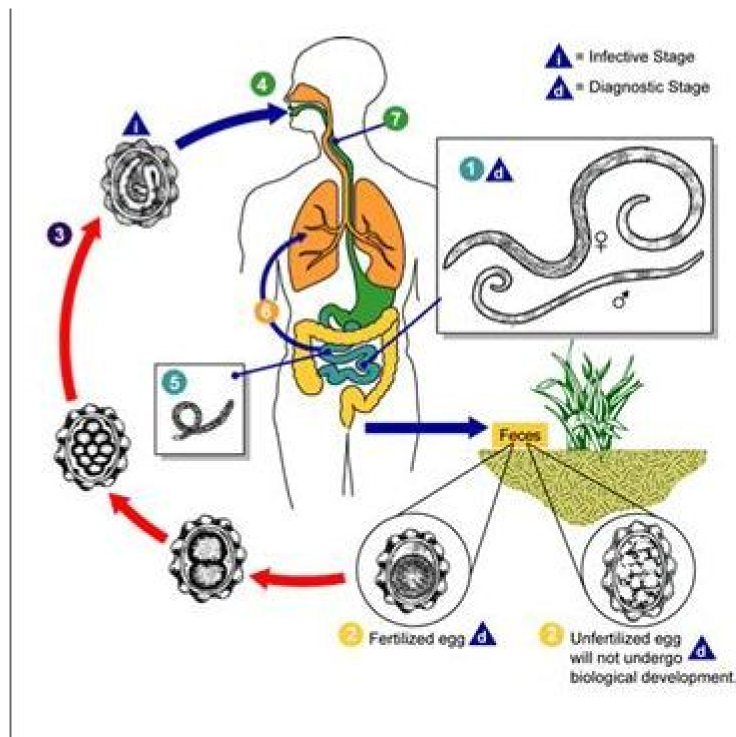
A closer look...



Roundworm

Roundworm

Ascaris lumbricoides is the **giant roundworm**of humans, belonging to the phylum Nematoda. An ascarid nematode, it is responsible for the disease ascariasis in humans, and it is THE largest and most common parasitic worm in humans. One quarter of the human population is estimated to be infected by this parasite. These worms occur most commonly in the family dog or cat. How can we get them? Well, the dog goes out to the yard to go to the bathroom, the worms and/or eggs are passed out in the feces; all we need to do is handle the dirt and not wash our hands properly, and put your hands to your mouth, or your food, and the damage is done. We would ingest the eggs, and then the cycle begins.



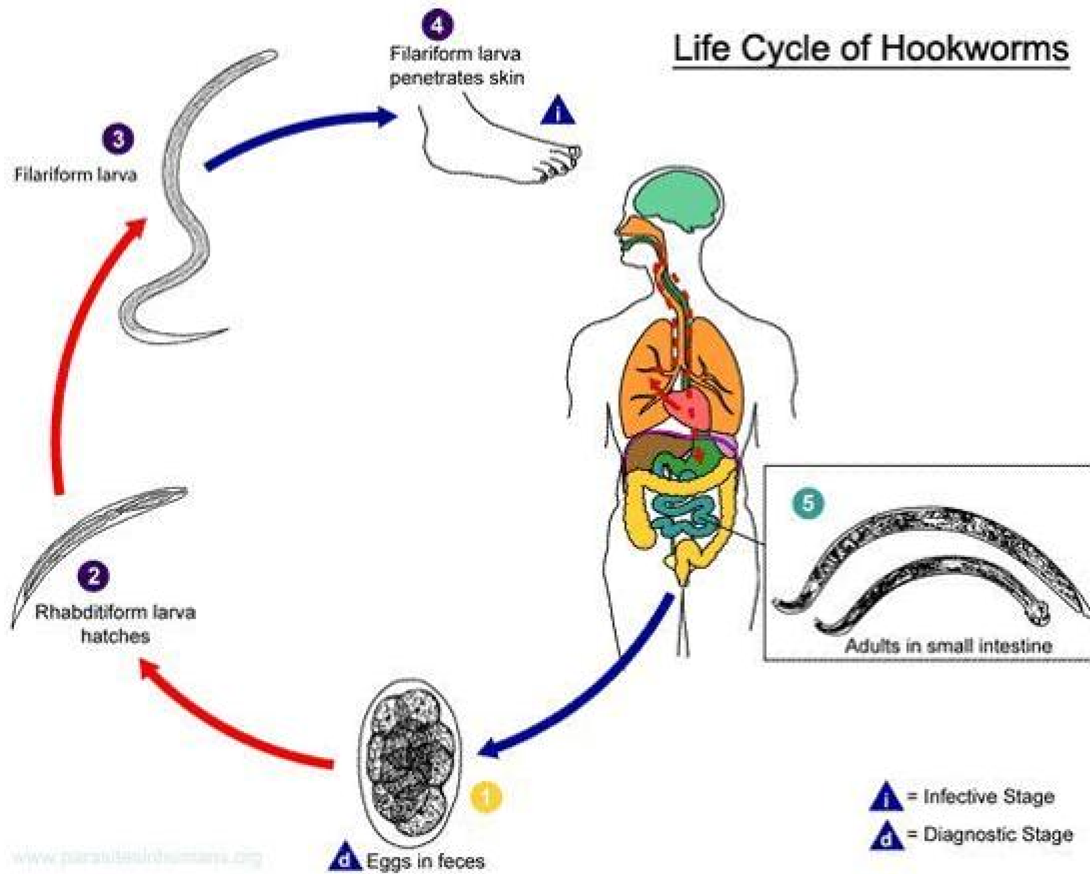
Another look...


METRIC
SYSTEM
Centimeters

Hookworms

Hookworms

Hookworms are bloodsucking roundworms living in the small intestine. Some common names for hookworm infections are: ancylostomiasis, necatoriasis, Egyptian chlorosis, tunnel disease, miners' anemia and brickmaker's anemia. Hookworms are the second most common human worms (the most common is Ascaris lumbricoides). While hookworm can still be found in the Southeastern states, it isvery important to remember that the species is well controlled. They may be found in animals, but not often. It is no longer a common occurrence in the U.S.. I had a dog get them back in 1987, but it was the one and only time I ever experienced them, and I've never heard about any cases or seen any since...



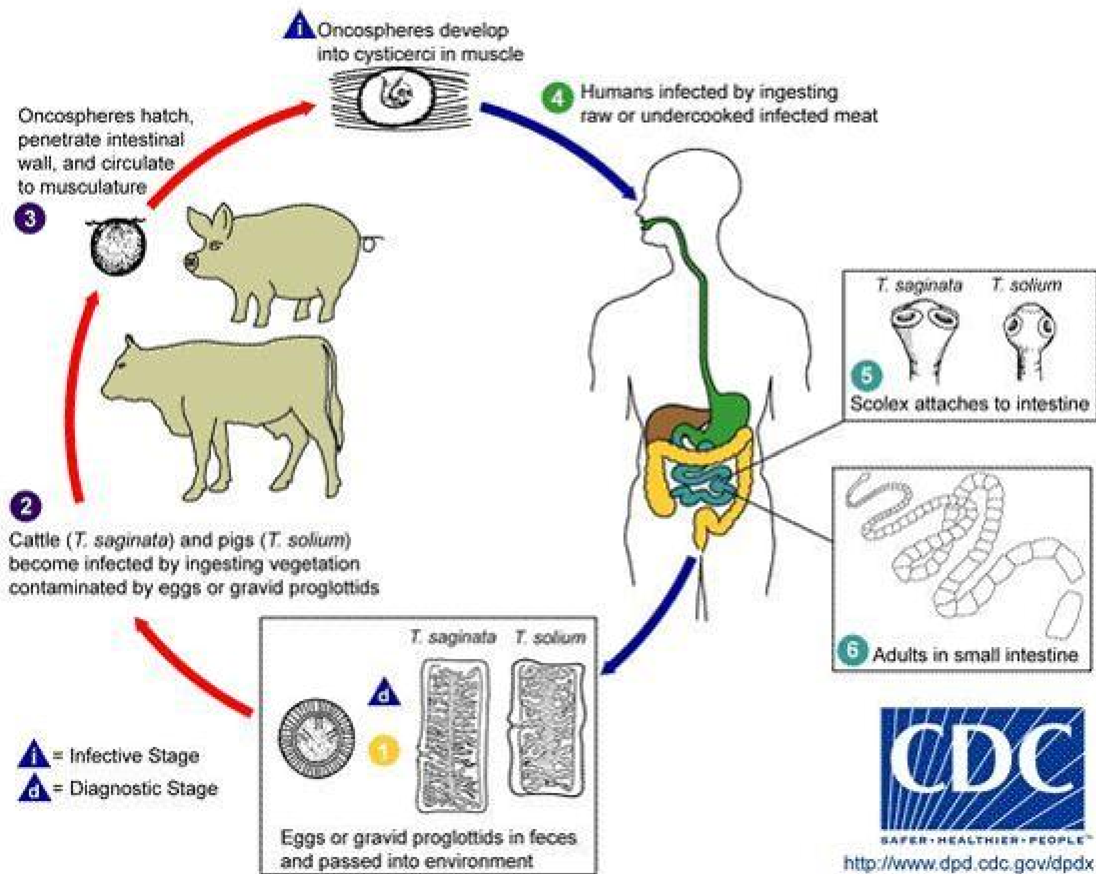
Need a better pic?



Tapeworms

Tapeworms

Tapeworm is contracted through contaminated pork, beef, raw fish, and rarely chicken. Contaminated meats come from sewage that gets into the livestock's feed and then into the muscle of the livestock. Humans eat the eggs when they eat undercooked contaminated meats. The eggs turn into tapeworms and can either attach to the intestinal wall or pass through the stool. Tapeworm infections happens much more often than many people realize, it just passes without incident through the stool. However, a tapeworm can live in the human body for up to 20 years and grow to 50 feet long. Each segment of an adult tapeworm can produce eggs. Larvae that stay in the intestines are easy to treat. Larvae that leave the intestines become much more difficult to treat.


Oncospheres develop into cysticerci in muscle
Humans infected by ingesting raw or undercooked infected meat
Oncospheres hatch, penetrate intestinal wall, and circulate to musculature
3
T. saginata
T. solium
5
Scolex attaches to intestine
2
Cattle (T. saginata) and pigs (T. solium) become infected by ingesting vegetation contaminated by eggs or gravid proglottids
6
Adults in small intestine
T. saginata
T. solium
= Infective Stage
= Diagnostic Stage
Eggs or gravid proglottids in feces and passed into environment
CDC
SAFER•HEALTHIER•PEOPLE
http://www.dpd.cdc.gov/dpdx

Take a look...



Herxheimer Reactions and Die-off Symptoms

Herxheimer Reactions and Die-off Symptoms
Have you ever heard the term "feeling a whole lot worse before feeling a whole lot better?" That would probably be the best way to describe what is now known as Herxheimer reactions, otherwise known as die off symptoms.

Back in the day, the term "Herxheimer reaction" was created by Karl Herxheimer (1861-1942) and Adolf Jarisch 1902). Herxheimer and cherish had observed reactions in patients with syphilis that were treated with Mercury. They first noticed the reaction in early and later stages of syphilis treated with antibiotics. Both doctors were dermatologists mainly treating lesions of the skin due to syphilis. In response to treatment, many of the patients developed not only favor, nausea and vomiting, along with night sweats and perspiration, but their skin lesions became bigger and much more inflamed before they completely healed. The weird thing is, they saw the those who had the worst reactions healed the best and the fastest. That person might be ill for two or three days, but then all of their issues were resolved.



In present day, the symptoms are more commonly known as die off reactions. The reason it's been given that name is that it's an immune system reaction to the toxins that are released one large amounts of pathogens are being killed off, and the body just can't flush the toxins fast enough when you're doing any type of a body detox, you're killing off bad bacteria. Yes, you've killed off the bad bacteria, but as they die, they release toxins. Your body that needs to flush those toxins anyway that it can. If you try to detox too quickly, you can end up having a host of symptoms, such as chills, headaches, fever, nausea, aches, joint pain, general malaise. The one thing that you must remember though, is that as rotten as you might feel while this is going on, it's a necessary part, and it means that your treatment is working. When you keep this in mind, just remember all the times that you were given prescription antibiotics. Those would literally make you physically ill! That was a die off reaction that you were experiencing, and it was harsh. Most people, while doing any kind of natural detox, don't go through such a severe reaction. Partly because if you start feeling bad enough, you just back off of your dosage. That's never an option with antibiotics.

You see, when you have parasites, you can have many different types, and all of them react differently, and release different toxins. When yeast cells are killed off too quickly, they release toxic wastes into your blood. In the case of Candida Albicans yeast, this means 79 different toxic substances, including acetaldehyde and ethanol. These can cause any number of symptoms ranging from nausea, aches, pains and headaches to fever.

The good news is, you can deal with this one of two ways. One would be to continue your full detox, while trying to grin and bear the symptoms as best you can. At this time, the best thing you can do is be kind to your body. Sleep when you feel the need, don't push yourself, and just remember that this too, shall pass. The other way would be to back off a bit on the dosage is of whatever you're taking for detox. As you feel a bit better, which usually happens quite quickly, you start back up again on a lower dosage, and work your way up. Most people will opt for the first option, knowing that you

might feel a little bit more miserable, but it will all be over much quicker. But, there are many people that can deal with feeling so crappy for more than a day or so, and will choose to take a slightly slower route.

Either way would be fine, as long as you don't stop taking whatever detoxifying supplements altogether. Things that will help you to get through you detox are actually really simple. You must drink at least 8 to 10 glasses of water a day. Your body needs to be able to flush all of the toxins out as it needs to. Never allow yourself to dehydrate, drink constantly throughout the day. You especially need to remember this if you like to use the sauna to help you detox along. Skin scrubbing in the shower also helps. By exfoliating on a daily basis, you will be able to sweat out the toxins easier. You also need to be eating a lot of fresh fruits and vegetables. The fibers will keep you from getting constipated. Laugh if you want, but one of the scariest things for me was waking up in the middle of the night, with night sweats, the shakes, and feeling nauseous, and then going to the bathroom to poop, and have all of the above come to a complete halt within 5 min. of going. It's literally a sign that your body is toxic and needs to flush itself. It's very important when doing any kind of detox that if your body tells you that you need to go to the bathroom, you go NOW. Trust me, you can start to feel nauseous very quickly if you don't.

The only thing you need to remember is that this too shall pass! (ugh, no pun intended!)

The Symptoms, and the One Common Problem...

The Symptoms, and the One Common Problem...

First, let's cover the common problem. Candida, or yeast overgrowth, and parasites create many similar symptoms. And, believe it or not, you can have worms in your intestines for YEARS without even knowing it, because with certain worms, you have no symptoms until you've got a ton of them. Heck, the ONLY outward symptom you might get with pinworms is, and it's exactly as typed here, "itchy butt." But you see, that's not the only problem.

When you go to get tested for parasites, a good 90% of the time, you can get a false negative. The same goes for yeast overgrowth. Most doctors don't even bother to test for either one of these. Now normally, a doctor thinks that there's nothing wrong with this, but the bigger problem is misdiagnosis. Unfortunately, as many people know, tons of people have been put on meds for IBS, GE RDS, and a host of other stomach problems that they don't have. People were calling IBS the new epidemic, as it has almost become a blanket diagnosis for anyone that has periodic diarrhea, along with stomach pains, gas, and any other number of stomach ailments. One poor woman on a forum actually went on a vent rant, because she actually went to her doctor, after getting a false negative on a parasites stool sample; she actually brought pictures of her poop in the toilet with worms attached to it. He looked at them, turned his head, looked back, and more or less said that he thought she had worms in her brain! He refused to admit that he had been wrong, and literally dismissed her from his office. Needless to say, she never went back. In the beginning, she kept telling him that there had to be something else wrong, because all of the medications he put her on weren't working, and they were expensive meds! She had told him she thought she had parasites, and begged him for pills to get rid of

them. He told her that he seriously doubted that she had them. I mean, really? Seriously? Just say the you're wrong, and do the right thing. Most mainstream GPs don't even think of testing for parasites. This is when you need a Dr. of chiropractic, or a holistic doctor.

And then, the other problem is the plethora of symptoms! There is such a wide scope of symptoms, any combination of which could be symptoms of something else. Most worms and parasites have pretty much the same symptoms, with the exception of pinworms. What's weird about those is that they're most common in children and their moms, and the main symptom of all things is "itchy butt." Seriously. They literally lay their eggs on the skin outside the anus, and they tend to come out at night, no joke. If you take a piece of tape, and press it against the anus at nighttime, preferably overnight, and then pull the tape off, even if you don't see the worms, you will see their eggs. If you think I'm joking, just Google it!

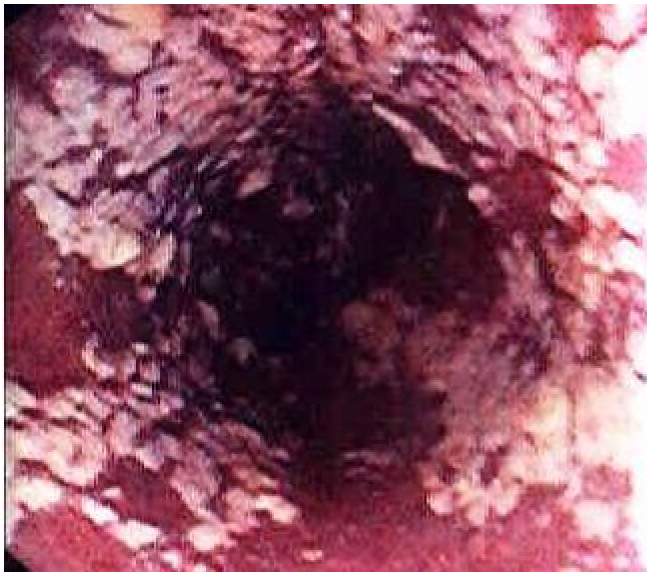
What Causes Parasites:
These things raise your risk for getting intestinal parasites:

Living in or visiting an area known to have parasites
International travel Yes, out of country travel, but you don't have to travel to get parasites! There's plenty here in the US!
Poor sanitation (for both food and water) Not washing hands, drinking water from a questionable source. Poor hygiene Not washing hands after using the toilet or handling raw meat or fish.
Age -- children and the elderly are more likely to get infected
Exposure to child and institutional care centers Again, handling of dirty diapers, possible improper hand washing or disposal of feces.
Having a weakened immune system
HIV or AIDS
Anyway, that being said, here's the list of symptoms of parasite infection:

constipation
diarrhea
gas and bloating irritable bowel syndrome
joint and muscle aches

anemia
allergies
skin conditions
tumors
nervousness
sleep disorders
teeth grinding
chronic fatigue
immune dysfunction

Now some worms are actually big enough to block the passage of nutrients and waste at certain points in the intestines. Severe parasite infections in the bile duct or the intestines can make bowel movements difficult, leading to constipation.



On the other end of the spectrum, another common symptom of parasites is diarrhea, or frequent, loose, watery stools. Many worms produce a prostaglandin that can turn into a sodium and chloride loss in the body. This in turn can causes diarrhea.

Parasites that live in the upper small intestines can cause intestinal symptoms such as inflammation that leads to gas and bloating. Frequent bouts of gas and bloating are classic signs of a parasite infection. The annoying discomfort is aggravated by eating any type

of hard to digest foods, such as beans, seeds and non-organic meats. One of the more common signs of parasites, is IBS, or irritable bowel syndrome. It is not uncommon for IBS to be caused by an intestinal parasite, because they can dig in and attach themselves to the intestinal wall. This will cause irritation and inflammation that can lead to muscle spasms, intestinal blockage, and a malabsorption of nutrients, possible signs of leaky gut. Fatty foods can be really difficult to digest.

Intestinal parasites can also move and migrate throughout the body. It is not uncommon for them to become encysted in joint fluids or even in the muscles themselves. This causes pain, aching and irritation that are often mistaken for arthritis. Joint and muscle pain can also be caused by the body's own immune system response to the parasite infection.

There are several types of parasites that attach themselves to the lining of the intestines. Hookworms actually have teeth to do this, and they divert nutrients away from the human body. In severe infections, these parasites can lead to sufficient blood loss, enough to cause anemia.

Intestinal parasites cause irritation and inflammation. This in turn can make it difficult to digest certain types of foods.In my case, I could barely digest ANYTHING that wasn't eggs. The body's response to these undigested food particles may be to produce increased levels of eosinophils, which are one of the body's immune system defenders. These eosinophils then inflame the body's tissue and cause an allergic reaction. As you tackle the parasite problem, you can begin to SLOWLY reintroduce the offending foods, but you need to do it slowly. I spent many a night awake with cramps, diarrhea, and skin rashes by the next day...

Yep, intestinal parasites can cause the release of hormones and immune system defenders that can in turn irritate the skin. Hives, flaking skin, rashes, weeping eczema, peeling skin and other allergic reactions are common with intestinal parasites. Protozoan infections

can also cause ulcers, swelling, sores, lesions, and dermatitis. Lovely, right?

The body may develop a tumor like mass called a granuloma in response to the parasite infection. The tumor is made to encase parasitic larvae or eggs. Granulomas most of the time develop in the colon or on the rectal wall, but they are also found in the lungs, liver, peritoneum, and the uterus.

Intestinal parasites will also release waste products and other toxic substances into your system. In chronic or severe parasitic infections, these toxins will irritate the central nervous system resulting in sleeplessness, restlessness, nervousness, and anxiety. These are all common symptoms of parasites in your body. They can cause irritation that can disturb sleep patterns, making it difficult to fall asleep and to stay asleep. At night, the body tries to eliminate toxins by way of the liver. Parasitic infections can interrupt this process and upset the rhythms of the body. In fact, some parasites may try to migrate out of the anus at night remember the pinworms?) causing itching, discomfort, and irritation.

Wake up with an achy jaw? Toothache? This symptom of parasite infection can also cause a condition known as bruxism, or the unusual grinding, clenching, and gnashing of the teeth. This condition occurs most often at night, and it may be linked to the restlessness and anxiety caused in the body by the parasite's release of waste and other toxins. I couldn't figure out why my jaw was killing me when I woke up, now I know why.

Parasites can exhaust and deplete the body, on every level, physical, mental, and emotional. This can lead to the mal-absorption of any nutrients in the foods you eat; protein, carbohydrates, fats, and vitamins, thus draining the body of nutrients and energy. As a result, you might get chronic fatigue, with symptoms such as exhaustion, aches, apathy, crankiness, depression, brain fog, and inability to concentrate or think straight.

When you have parasites hitching a free ride, it will leech vital nutrients from your body, forcing your immune system to work and function with a poor supply of vitamins, minerals, and energy sources. Parasites also up the production of immunoglobulin A, which is a defender against foreign substances in your body. As time goes by, this over stimulation can burn up the body's supply of immunoglobulin A, leaving your body open to attacks from bacteria, yeast, fungus, virus, and other foreign invaders.

Now, about the symptoms of Candida, or Yeast Overgrowth:

These symptoms can be sobroad spectrum that it's hard to figure out what the hell is wrong with you, lol! Candida and yeast infections really are a sneaky parasitic form of yeast that creates in you such a wide variety of symptoms it's insane. This diverse range of complaints and symptoms will baffle most doctors. They are trained that for you to have this, you have to have HIV, or have a serious illness like leukemia. Don't get me wrong, the two diseases do have a high rate of candida overgrowth, but so do diabetics. Diabetes is a much more common problem, growing at a rapid rate from the processed diet we eat.

Some common yeast/candida symptoms include:
Chronic skin problems
Constipation, or alternately, frequent diarrhea
Frequent intestinal gas Halitosis (bad breath)
Stiff shoulders
Chronic headaches
Red, inflamed and dry flaky skin
Chronic fatigue

Really, the most common yeast overgrowth symptoms are the intestinal problems. That's when candida starts to overrun the body. From there it travels throughout the body. Most of the time candida is confined to the intestines, vagina and skin.

Candida will release toxins in th body, and when the body can't rid itself of those toxins fast enough, your system will try to purge them

any way it can, including through the skin. Is it any wonder why skin problems will seem to crop up with this before long? Think about it, the load on the body to remove this waste. Before long, your system can't handle it, so the skin tries its best to help out; chronic rashes, skin eruptions and outbreaks are usually the result.

Other Candida Symptoms are:

Urinary disorders, UTI's, impotence, menstrual irregularities, recurring vaginitis, muscle fatigue and pain, irritability and mood swings, hyperactivity, suicidal depression, fatigue or lack of energy, worsening premenstrual syndrome... need I go on?

As the yeast goes into overdrive the intestine, many women and men will be plagued with occasional anal itching. Oh boy, are we getting excited yet??? Ladies, this can be your worst nightmare, since it means that the yeast is on the move and headed for the vagina; either that, or you have pinworms... If you're not careful with how you wipe yourself, it can be transfered to the vagina. It'll start there if your good bacterial levels are low, and then the vaginal yeast infections start. Often, it goes dormant only to kick up again around ovulation as the hormonal levels fluctuate. Candida and parasites LOVE progesterone, and after you ovulate in the middle of your cycle, the progesterone goes through the ceiling. It itches, sometimes smells when vaginosis is present, and sometimes has a white cottage cheesy discharge if it gets bad enough. Are we having fun yet? No? You want MORE? Okay... Memory loss, blurred vision, short attention span, respiratory problems, chronic sinus and ear problems, acne and hormone imbalance, excessive craving for sugars, but that's not even the best, are you ready? Being told it is all in your head. You're imagining it, it's your nerves, it's stress. You're crazy. (moreso than usual. HEY! I resemble that remark! :0)~)

Then, let's not forget to pass the sugar! Sugar cravings and cravings for breads, potatoes and simple grains can become out of control as you obviously become clearly addicted to the sugar. The yeast feeds on all of this sugar, and one of the waste products is methyl alcohol.

This alcohol isjust like any other kind and can put you in a state of "auto brewery syndrome." This is where you kind of always have a very low level feeling of hangover.

Then, there's the irritability and short fuse towards everyone. Brain fog is an understatement, some people can't function. Many can't, they quit their jobs, quit school, spend their days sleeping in, and in their wake hours they hide from the world. I would sleep for 10 hours, be up for 5, and crawl right back into bed for 3, get up, cook dinner, eat, feel like hell and go back to bed til the next day, it is AWFUL.

A candida test would solve a host of problems, if only the doctor would put things together and run them. Misdiagnosis is rampant. They think you might have depression, and give you meds for that, which makes things worse. Then, if they do find it, the usual treatment is a1-7 day script of Diflucan that may work in the beginning, but it doesn't get all of the yeast, because it hides. Diflucan also doesn't work in the intestines, only in the blood stream. More often than not, it returns with a vengeance, aching for a fight, and more ornery than ever to consume you.

Using prescription drugs to kill yeast is like (kinda) using drugs to treat parasites; if you used a drug for each different parasite you had, it's expensive, and one drug kills one type worm, and not any others. You'd be eating a ton of pills. And, they become resistant, and even if you kill the worms, you haven't killed the eggs. Those will hatch, and the cycle starts all over again.

Same thing almost with yeast meds. Yeast quickly becomes resistant, mutates... If you take one medication for a period of time instead of rotating 2 or 3 every 2 weeks, the candida will literally become "immune" to the meds! And, it will run rampant through your system. Even if you rotate the meds and beat the yeast down, you still have to replace all the good bacteria that got killed off or it will start all over again.

So do you have Candida?

Take the test! (courtesy of http://www.health-truth.com/185.php)
So now you can see what you're up against. Now that I've given you the bad, the worse and the ugly, let's move on to how you can beat these bad boys for good!

First Method of Attack and a MUST DO: DIET

First Method of Attack and a MUST DO: DIET
Do or Diet?

Okay. Now remember, parasites and candida thrive under pretty much exactly the same conditions; That's why most of the time if you have one, you have both. Thusly, one of the BIGGEST factors in your success is your diet and eating habits. A diet high in fiber from quality meats, vegetables, fruits and good fats, create an environment that speeds the transit time of food through the intestines and promotes good bacterial growth. This keeps you healthy as it keeps the good bacteria at optimum levels so they maintain the delicate 85 to 15% balance. When this bacterial balance gets thrown off and the good bacteria are reduced, it can become a cause of candida, and permits the parasites to breed and grow.

New West Diet

I found this diet on one of my NEW favorite websites, "The Doctor Within." The website is the brainchild of Tim O'Shea DC. I absolutely love his no BS, no sissies allowed approach to his beliefs and his practice. I first looked at this diet, and thought it might dang near kill me, when in all actuality, it's much easier than it looks. And, I feel better than I have in a very long time. You definitely want to check out his website, as he's got tons of great info, and he also has an entire line of supplements that will help you to rebuild your system. You can check him out here: http://www.thedoctorwithin.com

The easiest way to get through this diet is to remember that the more strictly you adhere to it, the faster your results will be. The cleaner you eat, the quicker your detox will be. You need to understand the

damage has been done to your system, especially in your intestines, and you need to help your body to repair that damage. Any parasites that you have have been creating inflammation and irritation in your intestines; Hookworms and other parasites may have caused some "leaky gut." This happens when parasites eat their way through the intestinal wall. In so doing, food particles and bacteria "leak" out of the intestinal wall and into the bloodstream. This is part of the over-all ill feeling that you have going on. Then, you also may have food allergies and die off going on.

Controlling your diet will also help to break down any mucoid plaque buildup you may have, AND you'll also be adding probiotics and enzymes to your diet. The diet will soften any buildup in your intestines, and the enzymes will not only help you to digest your food better for more nutrients, it also kills yeast overgrowth, and without any die off effect! The enzymes actually "eat up" and dissolve the candida from the intestines. When you have bowel movements from this point on, you'll be amazed at what you might see yourself passing...

Anyway, by eliminating all refined foods, anything that's considered processed, really, anything that's not natural or organic, you'll be amazed at how quickly you will feel so much better. You'll also notice that your blood sugar will be even throughout the day, and in so doing, you will be fine tuning your body. From here down is taken from www.thedoctorwithin.com:

For the next 60 days, only eat what you see in Categories I and II. Religiously — no cheating. Don’t be fooled — there’s still a lot of variety in those two categories. The important part is that you eat a lot, eat all the time, and don’t let yourself feel the least bit hungry. If the body gets the idea that it is being starved or deprived, it will hold onto everything, including stored toxins. That’s just its natural survival mechanism.



This is a program of nourishing abundance. The body must be shown that it is getting an abundance of easily digestible nutrients. Then it can let go of the debris.

The enzymes in the raw food coupled with the natural enzyme supplements are the active components of blood detoxification. Remember, the blood goes everywhere – it is the milieu in which all cells of the body are bathed every second. So if that blood is clean and oxygen-rich, so will the cells be. This program approaches the body at the cellular level — that's why it cannot fail to work — every time. Because no matter how sick you are, no matter what diseases you may believe you have, as long as you're still alive your cells have to follow the same human physiological principles as the rest of us. After all, you're just flesh and blood.

So here it is, the classic traditional human diet, responsible for the healthiest people who have ever lived.
NEW WEST DIET
CATEGORY I. — UNRESTRICTED

•Fruits
•Vegetables
•Brown rice
•Grilled fish
•Legumes
•Selected food grade herbs
•Whole grains

•Integral breads (no high fructose, no hydrogenated oils)
•2 litres good water

II. WITH SOME MODERATION

•Organic meats (no hormones or antibiotics)
•Unprocessed fruit and vegetable juices
•Eggs (organic)
•Raw dairy

III. ON RARE OCCASIONS – (not during initial detox period, and only with enzyme supplements, when you feel like re-toxifying)

•Processed cheese
•Commercial pizza
•Commercial butter
•Real ice cream
•Canned foods
•Coffee
•Alcohol
•Pasteurized dairy
•Raw nuts

IV. NOT IN THIS LIFETIME

•Soft drinks
•French fries
•Doughnuts
•Potato chips
•Refined protein powders
•Margarine
•Hydrogenated oils
•Mayonnaise
•Hydrogenated oil snacks
•Diet soft drinks
•Nutrisweet/Aspartame
•Soy in any form
•White bread

Now one thing you WILL notice on this diet; I had never eaten "organic" anything. EVER. The first thing I noticed is the taste of the vegetables. OMG, given the choice, you would NEVER eat any "regular" farm produce again! The taste of carrots and baby spinach were the BIGGEST shockers for me. You will be AMAZED. I've actually decided that I will stay on this diet for good. It costs a little more, but you know what? My health is worth it, and everything tastes GOOD!

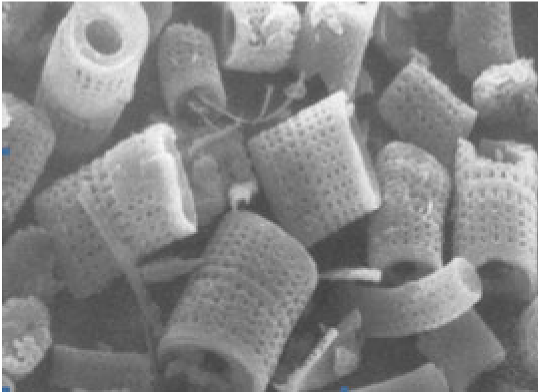
Second Method of Attack: NO MEDS, Use Supplements!

Second Method of Attack: NO MEDS, Use Supplements!

Now, if you remember correctly, antibiotics and antifungal medications can do more harm than good. When you take antibiotics, they kill off all of the bad bacteria, but at the same time, there killing off all of the good bacteria. This is what creates the imbalance that causes yeast overgrowth. Then, as far as the parasites go, if the doctor gives you medication for the wrong type of parasite, you'll still have all of the other worms that that particular medication doesn't cover. You see, pinworms have one type of medication, tapeworms have another, and so one. Each medication will pretty much only kill that particular type of worm. So, if your doctor hasn't been able to rule out all others, or even worse, prescribes medication for the wrong type of worm, you can be battling this for a long time they can get expensive.

The other problem is that these medications will kill the worms, and they might even kill the babies, but they will not kill the eggs. This is why some people end up battling parasites four months, and even years. But, there is fabulous news; it doesn't have to be this way, and I've been very fortunate so far. I have taken no prescription medications whatsoever, everything I've taken is all natural, from the health food store, and there is nothing ridiculously expensive. I'm going to tell you what I have taken, and what I'm still taking, just in case. Everything I've read says that we should do "maintenance" twice a year. Like I said, 90% of all Americans have parasites at any given time in their life. And, if you have a bad infestation, you need to be sure that you get everything, the adults, the babies, and the eggs. I'm going to tell you exactly how to do that...

Food Grade Diatomaceous Earth, or DE



Maybe you've heard of diatomaceous earth and maybe you haven't. There's not a lot written about it, but it seems to be fast becoming a supplement with incredible health benefits. It can be used to kill bugs, eliminate pests, your parasites and worms in people, pets, and livestock. There is also pool grade DE, which is used for water filtration. The only thing that you must absolutely do always is make sure that when using it for anything other than a pool, that you use nothing but food grade/human grade DE, as the pool grade is considered toxic when ingested by humans or animals.

What is DE?
From **Earthworks Health**, my FAVORITE DE supplier's website:
Mined from the purest of deposits from prehistoric freshwater lakebeds.

Food Grade Diatomaceous Earth consists of finely milled silica shells of
ancient microscopic freshwater plants called diatoms. Of 600 deposits in
the US, only 4 rate in purity to label as "Food Grade" by FDA standards.



Well, when I explain what DE is, you'll kinda laugh... Diatomaceous earth consists of fossilized remains of diatoms, a type of hard-shelled algae. When it is ground-up into a powder, it is more commonly known as "shell flour." They are, literally diatoms that are millions of years old. When you look at them under a microscope, they look kind of like rice Chex cereal, only cylindrical shaped, with a waffle looking shell. DE works in two different ways. One way is that those microscopic particles are as sharp as diamonds on a hardness scale, yet they will not hurt your insides. When you have any type of parasites or yeast overgrowth, as it goes through your system, the particles will more or less "scrape" the parasites, which not only cuts them, it dehydrates them, killing them. In the case of yeast overgrowth, it almost has the same effect. It has an almost abrasive effect, brushing the colon and cleaning it. Having DE in your system also creates an alkaline environment, which is an instant turnoff for both parasites and yeast overgrowth. The second way the DE works is that the cylinders have a very strong negative charge. As these millions of cylinders move through the stomach and digestive tract, they attract and absorb fungi, protozoa, viruses, endotoxins, pesticides and drug residues, E-Coli, and heavy metals. These are trapped inside the cylinder and passed out of the body. So, in addition, any larger parasites that happen to be in the stomach or digestive tract are "cut up" and killed by the sharp edges of the Diatomaceous Earth. All of these activities result in a much healthier body with less sickness. We often hear the phrase "I just feel better" with our Diatomaceous Earth users. This better feeling comes from all the "junk" being removed from the body and by giving the immune system the "jump start" it needs.

Diatomaceous earth is completely non-toxic, and you don't have to to worry about taking too much. Anything your body doesn't use, it passes through your system. The only thing you need to do is, in case you're system is incredibly toxic, start taking it in a very small amount. Start off with one quarter to one half teaspoon stirred into some juice. Then, the idea is to work your way up to 1 to 2 tablespoons a day. The only reason I tell you to start slow is that if your body is super toxic, you can get some heavy die off symptoms if you start to take too much too fast. For instance, I decided to shoot straight for the full tablespoon, and had wicked migraines for the first three days until I backed off the dose. As soon as I backed off, the headaches stopped. The other thing that you need to remember is that you must drink a lot of water the whole time that you're taking DE, or you can encounter some pretty good bouts of constipation. You'll feel bloated, you might feel crampy, and this is not the time for your system not to be able to eliminate. With all the toxins the you'll be flushing, your body needs to be able to rid itself of things quickly. If you're not able to poop, you can start to feel nauseous until you do. So, start out small, and within a week or two you should be up to 1 tablespoon. But it's super easy to take. DE has no real taste, so when you mix it in juice and drink it through a straw, it goes right down. The only reason I suggest using a straw is that if you use a clear juice, it tends to sink to the bottom pretty quickly. By drinking it through a straw, you don't have to keep stirring it. But, like I said, it really has no flavor. So you can mix it in pretty much anything. I found that the easiest way to take it is 1 tablespoon in juice in the morning, and another one in the evening around dinnertime. I will tell you this, by the third day I was able to see the worms I was passing. The DE works fast! Then, as you keep taking it, you will see any yeast overgrowth that you have coming out along with everything else. And, the major bonus of diatomaceous earth is that a 10 pound bag only costs about $15!

Clarkia

What is clarkia? Well, it's a combination of three of the best parasite killing herbs that exist, black walnut bark, wormwood and cloves.

They're usually made in a tincture, or you can find them in combinations in parasite cleanses, were sold individually and capsules. No matter which way you choose, you must have these three herbs in your parasite arsenal. Why? Well, the combination of the three used together will not only kill adult parasites and worms, it will also kill the babies and the unhatched eggs. No medication that any doctor will give you can do that. It is the most effective treatment in combination with the diet that you can possibly use.

Now I will give you the honest truth here; I purchased the tincture, I wasn't too bad with the smell of the cloves, but I couldn't get past the taste. After doing a lot of studying, I chose to go with Nature's Secret Parastroy. It is a two-part capsule system consisting of one capsule that kills off all of the parasites and their eggs, and then there's part two which is another capsule to keep your intestinal system moving, creating an environment in which parasites cannot survive in your system. The main ingredients in the first capsule are those that make up clarkia, along with grapefruit powder and pumpkin seed, which parasites hate. The main ingredients in the second capsule are psyllium powder, bentonite clay, which also absorbs many toxins, and slippery elm powder, to make sure that you don't become constipated. For me, this is an all-in-one, one-stop shopping system. I don't think it costs $20, as opposed to having to buy all of these supplements separately. It's really easy to take, too. For the first week, take one capsule of each twice a day. Then, for the 2nd week, take 2 of each twice a day. Once with breakfast, once with dinner. ALWAYS take them with food. No nausea, no problems. I usually wash these down with my DE and juice at the same time each day.

There are two or three other systems available at most health food stores, but after reading the reviews on all of them, this one seems to be the most effective. I can swear by it, as it has been my salvation, no joke. I'm on a fairly limited budget, and this, plus the DE really did the trick! But, if you're feeling froggy, you can go to Google and check out Dr. Flora's Parasite Cleanse, The Life Tree's Purify, and a host of other "systems." I'm sure that they're ok also, but I saw a few bad write ups... I swear by Nature's Secret products, I've been

using their Ultimate Cleanse for YEARS, about 13 years now. And no, I don't get paid for saying that, and I don't work for them, lol! Their products WORK!

Vitamin C with Echinacea

This will go miles in helping you to deal with any potential die off symptoms. We all know that vitamin C helps to cure colds and whatever else you more quickly, and with added Echinacea, it's a one two to punch to help wipe the toxins out quicker. You should be shooting for 1000 mg a day; I just take two 500s.

Zinc

I would take 20 - 30 mg per day. It also helps support the immune system.

Probiotics

Okay. Now that probiotics are all the rage, every supplement company is coming out with a newfangled version of a very simple concept. Probiotics can be incredibly expensive, or incredibly cheap, you can choose.

You don't even need to go to a health food store and pay a crazy price, you can go to your local grocery store that has a vitamin section and grab a bottle of acidophilus. You can get them in capsules, soft shoes or hard pills. Remember when I told you about all that good bacteria that you need to rebuild? Well, here it is in a capsule. depending on the capsules or gels, they all have different dosages. You can go by what is on the bottle and double it. Probiotics won't hurt you. I take them twice a day, also. It doesn't get any easier than that! And the best part, it only costs about $4 to $6 a bottle!

If you really want to start creating good eating habits as far as probiotics go, you can stick with the old standby, yogurt. If you're feeling a little more adventurous, you can try Kefir, which is almost like drinkable yogurt, but it's got tons more probiotics in it. You can also try Kombucha, which is actually a fermented tea with some ginger or unsweetened cranberry juice added. It almost has an

effervescent texture when you drink it. At first, I was a little bit put off with the vinegary smell, but it actually tastes pretty good.

Enzymes

Originally when I first looked at the new West diet,I read that a major part of eradicating parasites and yeast overgrowth was taking digestive enzymes with each meal; I assumed, which you know we should never do, that they were for helping to break down the food we had just eaten, as our digestive symptoms are already impaired.However, I was wrong; That is part of the reason, but the main reason for taking them is to break down the yeast overgrowth that may have taken over our systems.Within two or three days of starting to take the digestive enzymes, I not only started passing visible pieces of yeast overgrowth, but I immediately started feeling much better health wise.Taking these are a must have in the New West diet. According to the bottle, AND Dr. Tim's website, you can start with one capsule with each meal, and work your way up to 3 with each meal. If you don't like to swallow capsules, you can empty them into a glass of juice, they really haven't got much flavor to them.

Garlic

Garlic (Allium sativa) has been found to help kill off Ascaris (roundworm) and Giardia, and quite a few others. The only drawback is that you really need to eat it raw. Some people have no problem with it, but it can make some people nauseous. You're supposed to eat as much of it as you can stand.

Pumpkin seeds

This is an easy one. Parasites hate pumpkin seeds. It is suggested to eat large quantities, to the tune of about 25 ounces worth.If you want to try doing this, make sure you do it on a day off and you're close to a toilet. Have you ever heard the term, "it'll clean you right out?" Ummmmm.... yeahhhhh....

Oregano
Oregano is used to relieve the symptoms of colds, influenza, mild fevers, fungal infections, indigestion, enteric parasites, and menstrual cramping. I add it directly on my salad with olive oil and cider vinegar or lemon juice.
Pau D'arco
Increases oxygen levels in cells and helps to fight bacteria, parasites, fungi, and parasites in the body. I buy the Pau D'arco tea bags from the health food store, not too bad!
Grapefruit Seed Extract
Helps alkalize the body, which in turns helps fight off infections and disease caused by viruses, bacteria, fungi, and parasites. Comes in pills, liquid or nasal inhaler. One pill a day, usually 125 mg.

Okay, So, How Long Do I Have To Do This???

Okay, So, How Long Do I Have To Do This???
Hmmmmmm...

That's a good question. But, truth be told, that's ENTIRELY up to YOU. How closely have you followed the diet? How do you FEEL? How do you feel compared to when you started? If you did things right, you should be feeling STELLAR right now! Now I'll say the obvious; if you go back to your old eating habits, eating a ton of improperly prepared sushi and fish, undercooked pork and beef (my BIGGEST weaknesses!), drinking water from questionable sources, well, it won't take long before things can start all over again.



Knowing what I know now, I'm a bit scared to eat ALOT of things, my rare beef, sushi and what not, but as my husband said, I'd never eat any of it again, lol! And in the wake of recent produce problems with E. Coli, I'm all for organic EVERYTHING, even if it meand paying more to grocery shop. I don't ever want to go through all of this again any time soon, lol! I'm not craving sugar like I was, nor the mass quantities of pasta and potatoes, either. I actually crave greens now... ME!!! THAT is some SCARY stuff!!!

Follow the diet, get past the die off, that's the MOST important thing. Once you get past that, the feeling great will snowball! I had it BAD,

so it took me about 2 months until I TRULY started to feel like myself again. Trust me, you'll know! Just don't quit the second the die off stops, it will be TOO SOON to stop. You NEED to wait until you feel AMAZING. No more brain fog, cramps, indigestion, reflux or stomach gurgling. That being said, once you're truly back up to par, you're supposed to do maintenance twice a year. Whether you use the clarkia, Parastroy, Dr. Flora's, WHATEVER, you should do a cycle at least twice a year. I, personally, am staying on the DE all year round now. That, along with acidophilus capsules, is supposed to keep things optimally balanced, pH wise, creating an environment "unfavorable to parasites and candida." AND, it's so cheap it's not even funny, lol! Costs almost nothing to have! I'll probably still do a maintenance of Parastroy at the end of the year, we shall see...



So, I hope that my story and experience with this will help you to cure your own case. I'll tell you what, I felt AWFUL for a good 3 WEEKS, but I feel better NOW than I have in almost 3 YEARS... I'm only sorry I hadn't tripped on MY info sooner! Take it, use it, and GET BETTER SOON!

Wishin you good health, peace, love and light...
Christine Gerbehy 3/9/2012

Awesome Websites to Check Out...

Awesome Websites to Check Out...

Ok, these are, in my humble opinion, some of the best, most informative websites that I have found in my "quest for knowledge" of all things parasite and candida. Alot of sites just have rehashed garbage, copied and pasted, and very vague. These are the sites that DELIVER! Take a look...

http://curezone.com/ Educating Instead of Medicating
Probably THE most incredible and informative website on the 'net. From parasites to candida to liver to cancer, there's nothing you can't find natural cure for on the web. Just one look, you'll be hooked, lol! I have spent HOURS on this site, many aha moments...

http://www.thedoctorwithin.com/ Dr. Tom O'Shea's site for Natural Health. He's a Doctor of Chiropractic, and his attitude is a riot! He calls it like he sees it, and you'd better listen. He tells you how to eat to naturally heal your body, no "big pharma" here. He warns of the dangers of prescription meds. I have gotten better because of him! LOVE this website!

http://www.earthworkshealth.com/ Bar none, THE best source of info for Food Grade Diatomaceous Earth. They're also the best grade, and by far the cheapest. Once you start using the DE, you'll be feeling so much better, you'll take it for life! Go to the site, see everything you can use DE for, even on your animals, you'll be amazed at the health benefits... See "how DE works," and "human use" first...

http://www.health-truth.com/ The Biamonte Center for Clinical Nutrition Incredibly informative site, tons of good info here. I got alot

of good education on candida from the site. I opted for the natural diet to treat my symptoms, as I didn't have the resources to travel to their office for treatment, but you may. GREAT reading!

http://hps-online.com/index.htm Another body cleanse site, with interesting explanations as to why NOT to take prescription meds... HEAL your body, you won't need them. Taking meds may cure the surface problem, but if you don't heal your BODY, the problem will come right back. Go across the menu toolbar at the top of their page, mouse over all of the options, and READ. The "Self Diagnosis" section is really great!

http://www.health-truth.com/ Dr. Michael Biamonte is the Premier NYC doctor for treating chronic candida in the body. You have to watch the videos on his site to give you a scope of the extent of the problems candida can cause. You can also take the candidiasis test on his site, it's the best one yet! I put the link back in the Candida chapter, you can find it on his site...
Choice is always yours (Photo credit: Bindaas Madhavi)Knowledge is power, my friend. I have spent quite a few nights getting "lost" in the curezone.com website. Take a look at their section on iodine, you'll be amazed... It goes against EVERYTHING we've ever been told about iodine by doctors and pharmacies. So much good info on their site. If you have any sites you'd like to recommend for addition to this book, please contact me at Dieseltaz1@comcast.net, I'd love to hear from you!

Thanks for Reading!

Thanks for Reading!



Photo Credits

Photo Credits
Introduction: Parasite pic, courtesy of Wikipedia.com
"Death Begins in the Colon": Intestines image courtesy of Wikipedia
The Candida/Parasite Connection: Candida Albicans stained under microscope, photo credit ACJ1
Pinworms: Pinworm Life Cycle, photo courtesy of CDC. Pinworm Photo courtesy of parasitecleanse.com
Roundworm: Roundworm Life Cycle photo courtesy of CDC. Roundworm Photo credit Zemanta
Hookworms: Hookworm Life Cycle photo courtesy of CDC. Hookworm photo courtesy of Zemanta
Okay, So, How Long Do I Have To Do This???:
Belly Pic courtesy of Zemanta. Sushi pic courtesy of Wikipedia.com
Tapeworms: Tapeworm Life Cycle Photo credit CDC. Tapeworm Photo credit Zemanta
Herxheimer Reactions and Die-off Symptoms: Herx Reaction Photo courtesy of Wikipedia
The Symptoms, and the One Common Problem...: Intestinal Candida Overgrowth, photo courtesy of Zemanta
First Method of Attack and a MUST DO: DIET: Smoothie and fruit pic Photo courtesy of Wikipedia
Second Method of Attack: NO MEDS, Use Supplements!: Magnified Diatomaceous earth, or DE, photo courtesy of earthworks.com. DE Mine, Photo courtesy of Zemanta

Thanks for reading this book. Find more articles at Diesel On Life